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QUARTZ LIGHT THERAPY IN PELVIC INFLAMMATION

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L. C. DONNELLY, M.D., *Detroit, Mich.*
607 Kresge Bldg., Detroit

This article is written because the author believes that the medical profession is not aware of the value of this modality in diseases peculiar to women. I have now given about 9,000 treatments, and a large number of these treatments were given in gynecological cases. I have seen some truly marvelous results. A leucorrhoea which required two douches a day and the continual use of napkins was cured with one treatment; inflamed tubes and ovaries as large as goose eggs resolved and shrunk to normal with eight treatments; an inflammatory post-abortion tumor as large as a grape fruit resolved with ten treatments. These were exceptional cases. I believe that every patient treated received benefit, which conversely means that quartz light pelvic therapy harmed no patient. Is there any other surgical pelvic procedure that does not occasionally harm?

Pelvic inflammation includes pelvic peritonitis and cellulitis, as it is difficult to make a differential diagnosis without operation.

The infective organisms generally invade the cervix, uterus, tubes, ovaries, peritoneum and pelvic cellular tissues in the order named. The gonococcus is most often the offending organism; mixed infections are not rare. Operative instrumentation often causes infection.

The peritoneum becomes hyperemic, lusterless and throws off an exudate which may contain considerable fibrin, which produces adhesions; it may be serous, forming collections in the peritoneal cavity, later becoming encapsulated, or it may be purulent.

Cellulitis, as a clinical entity, is not common. It is due to traumatism or sepsis. Trauma generally arises from conditions associated with pregnancy or operations. Exudation of various types, serous, fibrinous or purulent is present. Pus may burrow and drain into the bladder, vagina or rectum.

In pelvic inflammation, as in most diseases, the battle rages between the resistance of the patient and the virulence of the infecting

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organism. In either case, quartz light therapy is of proven value.

Treatment is to be discussed as pre-operative, operative and post-operative.

The cases of mild pelvic inflammation intelligently treated by quartz light therapy will be cured without operation. General treatments are given with Alpine Sun and radiant lamps—local treatment with the Kromayer, using the various hollow quartz crystal applicators which best suit the individual case. The author uses seven specially constructed hollow quartz applicators, varying from three to seven inches in length and from one to two and one-fourth inches in diameter. This allows the admittance of the largest possible dose of ultra-violet rays that the introitus will permit. The longer applicators allow one to swing the Kromayer Lamp from side to side, forcing the applicator against the tubes and ovaries. A solid quartz rod seven inches long, one-fourth inch in diameter, may be entered through the cervical canal and be used directly in treating the interior of the uterus. This same rod, or shorter ones, are entered into the urethra and bladder for treatments.

Local Kromayer pelvic treatments often give relief while the patient is still in the office.

Tenderness, due to congestion and inflammation, is lessened. The patient expresses the thought that the treatment directly reached the diseased part. Local treatments have a general tonic value in addition to the local value. The congested vaginal mucous membrane is stretched over the quartz applicator. A very rich blood supply is continually flowing through this membrane, and the red blood corpuscles are continually absorbing and carrying away the ultra-violet rays so that the emanations are carried to all parts of the body, aiding in normalizing all cellular function. Relatively large doses of ultra-violet rays can be given through the vagina without discomfort. The greater the inflammatory condition present, the greater the dose indicated, happily; and the more inflamed a part is, the more ultra-violet rays the inflamed part will tolerate without undue reaction. To state it in another way, the more acutely ill a patient is, the larger the dose of ultra-violet rays indicated, and the less severe the resultant ultra-violet ray reaction.

In pelvic inflammatory conditions associated with evidences of

systemic toxemia, general quartz light treatments are indicated. Among these conditions may be mentioned secondary anaemias, neuraesthenic conditions, including the nervous symptoms alleged to be due to adhesions following previous abdominal operations. Improvement in general symptoms may be immediately noticed. Material benefit, however, is noted week by week, rather than day by day. With sick people, evolution is better than revolution. Slow, steady progress is better than rapid recovery with relapses. Quartz light therapy brings about the recovery by sterilizing germs, breaking down toxins, increasing elimination, normalizing white blood cell count, increasing the amount of red blood cells and haemoglobin, in fact, so aiding metabolism that a condition approaching normalcy is brought about.

Certain cases will need to be operated upon, although many now operated upon can be cured by this means of treatment without operation. The patient who has had the benefit of pre-operative quartz light therapy approaches the operating room practically assured that the abdominal wound will heal quickly and without infection, and that there is much less chance of peritonitis resulting because the intra-pelvic Kromayer treatments have greatly lessened the virulence of the invading organisms, and because the ultra-violet ray hyperaemia has brought about a protecting coffer-dam wall of blood cells, which are already working to overcome superinduced operative trauma or infection. It apparently is proven that immediately following a general quartz light radiation, the number of white blood cells is diminished. A few hours later the number is increased, and on close examination it is noticed that the percentage of immature and mature cells is increased over the percentage of spent cells. A rational conclusion is that quartz light radiations produce additional leucocytes and hastens their maturity, thus building up the body's immunizing powers. The blood serum shows an increased bacteriocidal effect for all bacteria, but more especially against the specific strain causing the disease.

This explains the healing effect on internal organs brought about by quartz light therapy. Quartz light therapy, in many cases, brings about restoration of normal metabolism quicker than other treatment.

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